

What Polarity Therapy means to me

Practitioners in Training are asked...

Funny how just when you think you've got everything all figured out, life throws a curve ball at you to see if you're really and truly paying attention. You see, there I was on my merry ignorant way, perfectly content in my discontent thank you very much, when I happened upon a Polarity Therapy session that was to change my life forever. Much to the amusement of my guides, I'm sure.

I was first introduced to Polarity Therapy at a wellness fair some three and a half years ago in Montreal. It was one of those rainy Saturday afternoons in April with nothing else to do but sit around indulging in the pleasures of poutine (a Quebec delicacy of french fries smothered in gravy and cheese curds) discussing local politics ad nauseum with friends on both sides of the political spectrum, or attend a wellness fair at the Health Institute. I chose the latter.

As it turned out, the booths I "really wanted to go to" were booked. The only thing left was this "Polarity stuff". So off I went a yellin' and a hollerin' to myself as usual about always getting stuck with the leftovers (can you imagine what was going on in my life at the time?) Turns out, I kinda liked this stuff. Only I didn't know it at the time. I ended up moving to Toronto some six weeks later to see for myself how learning Polarity Therapy could help my friends and family. Not that I could benefit from any of it. Not that my life could shift in any way. No way, Jose. No siree Bob. This was for everyone else with "issues" and "problems". Not me. Ha!

Well guess what? Polarity Therapy introduced me to me. Yep, Every single part of my soul was being laid out right in front of me, and there was no turning back. It was like peeking through my fingers to watch a scary flick, wanting to know the outcome, but not wanting to sit through the *meantime*. Now here's the catch, day by day, session by session, I was being offered a choice: Hang on to what was dragging me down and keeping me from exploring greater health and opportunity, or trust the process and discover my limitless potential. Once again, I chose the latter (*hmm patterns...*)

Through it all, my belief system has been challenged, my ego has taken a beating, and I have learned to accept the fact that I don't have all the answers. And I have grown immensely. Polarity Therapy has led me on a remarkable journey inward that has resulted in positive change, heightened awareness/consciousness, increased selfunderstanding, deepened compassion and ultimately, metamorphosis. In true Polarity style, I have faced both the best of me and the worst of me and have loved all of it.

Polarity Therapy continues to be an integral part of my life and to permeate every aspect of my being. I feel blessed to have access to the teachings of Dr. Stone and doubly blessed to know that Polarity resides in my heart. By Jove, I think I've "caught" it. It is now my honour and privilege to share these blessings with others. Thanks to Polarity Therapy I have found my place in the web. For this I am and will always be eternally grateful.

Namaste.

Jade Altavilla-Castaldo

I've been asked what Polarity Therapy means to me. Here's how I've rephrased the question:

"What drew me to Polarity Therapy in the first place, and what holds me to it".

I didn't have the benefit of experiencing a Polarity Therapy session before starting the course, so I didn't have that wonderful first hand experience one gets in ongoing care when a particular modality is working its wonder on you, and you feel like you want to be on the giving end as well as the receiving end. In fact I hadn't heard of Polarity Therapy until just before the intro weekend. So my approach was much more practical. (*And "practical" worked so much better for me back then!*)

I was interested in developing a career in some energy or counselling field, and of course there were many options available. And many of those options could be had much cheaper and in much less time than Polarity Therapy. But that was also the problem (in my mind) with those alternatives. Many didn't feel quite as credible or legitimate, and I wanted to invest my time, energy and money in something that a) resonated with me, and b) would attract clients and ultimately build a business.

As the introductory weekend unfolded, I couldn't help but smile since Polarity Therapy seemed to connect with me on so many levels. Working with the gunas and elements were a wonderful build from my yoga training. And working with a manual that provided such care and detail regarding physiology and anatomy, together with the what/where/why of the protocols, was such a welcome change from my bodywork training to date. I was hooked!

What kept me hooked is all of the above as I delved deeper into this course. I haven't been disappointed. Level I taught me something about the Polarity Therapy basics, and intrigued me to carry on and continue learning. And I don't have to be too hard on myself at this stage since I haven't had the pleasure of working on those THOUSAND BODIES yet. So I have time to feel more comfortable and confident with this work, and that's comforting.

I'm now embarking on Level II and I'm excited about the possibilities this training and field hold in store for me – developing my bodywork skills and my knowledge base; and developing my business skills and my client base. And very importantly, through Polarity Therapy, I'm learning more about ME. These are indeed exciting times, and I thank Dr. Stone, Sher Smith and my colleagues for sharing this wonderful gift.

Blessings,
Tom Russell